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HOUSEKEEPERS' CHAT Monday, July 31, 1933.

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Subject: "Ways to Use Liver and Kidney." Information from the Bureau of Home Economics, U.S.D.A.

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Last week we talked about one of the best summer bargains in vegetables--tomatoes--and why. Since today is economy day, let's talk again about another food bargain, a bargain in meat. By the way, when I use that word bargain, I don't mean the kind of article often advertised as such. I mean something that gives special value for the money. So my idea of a bargain in food is the maximum of food value at no extra cost.

Both liver and kidney belong in this class of food bargains. They both offer special value not found in other meats. When the price of calves' liver is high, beef, pork or lamb liver are better buys. They give you the same food value and cost less. Do you remember some years ago when the doctor discovered at last a means of curing certain types of anemia? Remember that the cure was that humble food, liver. And remember how everybody suddenly took an interest in this lowly food? Well, since that time we have learned that liver is a valuable food for preventing as well as curing anemia; that it's useful for well people as well as anemic people, for adults and children, but especially for children, whose growing bodies need to manufacture red blood cells. There you have the special value of liver and kidney. They contain elements that build red blood. They are rich in iron. They also contain copper and perhaps some other substances that help. So the specialists now say that children who are anemic should have liver or kidney at least once a week and that the rest of us will do well to include liver in our diets often.

Some people say they don't like liver. And no wonder. Liver is very easy to spoil by wrong cooking and far too many people cook it in just the wrong way. You can fix liver so that it is delicate in flavor and tender in texture. You can also cook it so that it resembles leather--is actually tough and has a strong taste and an unattractive very dark color. Overcooking spoils liver. So does cooking at too high a temperature. This meat is delicate in texture, so keep the heat moderate and never overdo your cooking. Take the meat from the fire just as soon as it is done. If you want your family to eat this healthful food, cook it so they'll enjoy it and come back for second helpings.

Of course, the way you cook and serve liver depends on whether you have young, tender, liver like calves' liver or lamb liver, or very tender beef liver, or whether you have older beef or pork liver, less delicate in flavor and texture. The tender young meat needs only enough cooking to take away the bright red raw color--just enough heat to penetrate thoroughly. That's why the experts suggest broiling young liver or sauteing it quickly in a frying pan. But to get best results from pork liver, cook it in water a few minutes first. Then either braise or bake it. Liver and mushrooms cooked in a casserole is a delicious dish made from this less expensive liver. You can also use it to

make a loaf with rice. Or you can chop it and then scallop or cream it. Cold cooked liver makes salad that many people say is as good as chicken salad. Cut up the cold liver and combine it with diced cucumbers and celery and mayonnaise. Nice for a summer luncheon.

For the picnic basket liver again comes in handy. It makes a most delicious spread for sandwiches or cracker. Use liver sandwiches for family picnics this summer and for the school children's lunch boxes next fall. Want to know how to make this liver spread? Well, drop the meat in a small amount of boiling water and simmer for ten minutes. Drain off the water. Remove any stringy tissue. Mash or chop the liver. Blend it with chopped olives, minced onion, finely chopped celery, chili sauce, mayonnaise and a dash of tabasco sauce and paprika--any or all of these depending on your taste.

For our economy meal today we're featuring broiled liver. Broiling is one of the best and easiest ways to fix tender young liver, whether it's calves' liver or beef or lamb liver. A pound and a half will serve five or six people. Ask the butcher to cut the meat in slices about a quarter of an inch thick. Place the slices on a greased baking sheet or on the broiling rack under the direct flame of your broiling oven. Be sure the flame isn't too high and be sure the meat isn't too close to it. Remember that rule about moderate heat and no overcooking. You'll only need to broil the meat from eight to ten minutes, turning it frequently. When done, the liver will have lost that bright red color. Now pour melted butter over the hot slices and season them with salt and pepper. Serve at once.

Now here's our economy day menu featuring broiled liver. Broiled liver; Browned mashed-potato cakes; Garden salad of snap beans, chopped onion and celery. For dessert, Creamy rice pudding with apricot sauce or fresh fruit in season. Once more: Broiled liver; Browned mashed-potato cakes; Garden salad of snap beans, chopped onion and celery; for dessert, creamy rice pudding with fruit sauce.

Some other day, I'll give you a fine recipe for kidney stew. As we mentioned before, kidney is another meat bargain, helpful in building red blood. Kidney stew is probably the most popular way of serving this meat. For best flavor, you parboil the kidneys first and discard the cooking water. Cook again in stew or in some other way.

You can broil kidney also. Cut square pieces of kidney. Slip them on skewers with bits of bacon between. Then broil rapidly under the direct flame.

Tomorrow, I have some news of interest to any one who suffers from hay fever. Also some news for anyone interested in vacationing on one of our national forests.